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Tuesday, December 10, 2019 metro.us | t: MetroPhilly | f: MetroPhilly

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Russia barred from major international sports competitions including Olympics, World Cup for four years. 2

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8 THINGS TO KNOW

Russia banned from 2020 Olympics, 2022 World Cup

The World Anti-Doping Agency has barred Russia from competing in international competitions for the next four years.

JOE PANTORNO
joseph.pantorno@metro.us

Russia has been banned from major sporting competitions for the next four years by the World Anti-Doping Agency (WADA).

Most notably, the ban will withhold the country from competing at the 2020 Summer Olympics in Tokyo and the 2022 FIFA World Cup in Qatar.

WADA was forced to come down with the severe punishment Monday after the Russian Anti-Doping Agency (RUSADA) continued to be non-compliant into several probes investigating multiple doping allegations.

While it had been long suspected that Russian athletes were taking performance-enhancing drugs (PEDs) on the international sporting stage, a groundbreaking discovery by WADA's Richard McLaren in 2016 revealed to The New York Times that Russian officials have been supplying their athletes with illegal substances for years.

GETTY IMAGES

"I am 100% sure [Russia will go to court] because we must defend our athletes."

Svetlana Zhurova

It was later described as "one of the biggest conspiracies in sports history," as over 1,000 athletes across 30 sports were involved in the doping program.

That included during the 2014 Winter Olympics in Sochi, Russia – where 28 Russian athletes were accused of doping – and the 2016 Summer Olympics in Rio De Janeiro that saw over 100 Russians withheld from competing rather than the country being banned.

Per The New York Times' report, three years ago, a deputy sports minister ordered that the athletes' abuse of these substances was to be covered up.

The unveiling of the widespread deceit led to Russia being unable to compete in the 2018 Winter Olympics in Pyeongchang, but clean Russian athletes were allowed to compete under a neutral flag.

That will also be the case for clean athletes in upcoming major competitions – including the 2022 FIFA World Cup in Qatar. As the host country of the 2018 World Cup, Russia advanced to the quarterfinals before getting knocked out by eventual runners-up, Croatia.

If Russia qualifies for the 2022 World Cup, they will compete as a neutral team. However, they will compete under the Russian flag in the 2020 European Championships because UEFA – the continent's governing body – is not a part of WADA's jurisdiction.

RUSADA has three weeks to accept the decision or appeal to the Court of Arbitration for Sport. The latter is believed to be the most likely option.

"I am 100% sure [Russia will go to court] because we must defend our athletes," Russian State Duma lower parliament house deputy chairperson, Svetlana Zhurova, told TASS News Agency.

Colorado Planned Parenthood shooter indicted

2 A man accused of fatally shooting three people at a Planned Parenthood clinic in Colorado in 2015 was indicted by a U.S. grand jury on dozens of federal charges that could result in the death penalty, U.S. prosecutors said on Monday. Robert Dear, 61, was taken into custody early on Monday at the State Mental Hospital in Pueblo, Colorado, and was scheduled to appear before a U.S. magistrate in Denver later in the day. Dear, who was previously charged with multiple state counts of murder and dozens of additional crimes in the shooting in Colorado Springs, has repeatedly been deemed by an appeals court to be mentally unfit to stand trial. The accused gunman said during previous court appearances that he was guilty, proclaiming himself "a warrior for the babies." His outbursts prompted a court mandated mental evaluation of the suspect. REUTERS

U.S. Nov. border arrests drop amid Trump crackdown

3 The Border Patrol arrested about 34,000 migrants at the U.S.-Mexico border in November, a 75 percent drop from a recent high point in May, according to statistics released on Monday by U.S. Customs and Border Protection. Border arrests - which are used to estimate illegal crossings - initially plummeted after U.S. President Donald Trump took office in January 2017. However, they soared in the spring to monthly levels higher than those under Trump's predecessor, former President Barack Obama. The Trump administration credits the decline to tougher asylum policies and increased cooperation with Mexico and Central American nations. Still, the decrease only brings the arrest figures in line with the average November over the past decade. REUTERS

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Some of trash can lids painted at community paint day at Ferko Playground. TOOKANY/TACONY-FRANKFORD WATERSHED PARTNERSHIP

Trashy chic? These artsy waste baskets to be installed in Juniata, Southwest Philly

A new kind of artistic expression taking root in Philly.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Philly is well-known for its colorful murals, but now there's a new kind of canvas to showcase local art – trash can lids.

Starting Dec. 12, hand-painted trash lids will be on display in Juniata Park and Southwest Philadelphia as part of the city's Community Cans program, which uses art and community engagement to help reduce litter.

According to city officials, research shows residents are more likely to use decorated trash cans to keep neighborhoods beautiful and prevent pollutants like micro-plastics from getting in the water.

The program is a partnership between The Partnership for the Delaware Estuary and partners at the Philadelphia Water Department, Mural Arts Philadelphia and the City of Philadelphia's Zero Waste and Litter Cabinet. The new method of artistic expression was made possible through a grant from the Environmental Protection Agency's (EPA) Trash Free Waters program.

The partners provided 50 trash cans to organizations in Juniata Park and Southwest Philly, according to organizers.

The Tookany/Tacony-Frankford Watershed Partnership (TTF) took the lead for the Juniata Park project. A neighborhood native, artist Jay Coreano hosted a community paint day at the Ferko Playground where community members painted 20 trash can lids with bright colors and positive messaging. The trash cans will be installed on Cayuga Street and other corridors.

In Southwest Philly, the Southwest Community Development Corporation and the African Cultural Alliance of North America (ACANA) were in charge of the artsy cans. Local artist Rhonda Davis worked with students at Tilden Middle School to paint 30 trash can lids. These cans will be installed on Woodland Avenue and other areas nearby.

Any community group or organization can participate in the program. Residents can visit cleanphl.org to learn about bringing the program to their neighborhood and connect with representatives from the Zero Waste and Litter Cabinet.

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This April 2015 courtroom sketch depicts US District Judge George O'Toole speaking during the sentencing phase of Dzkohkar Tsarnaev's trial. REUTERS

Boston's trauma to be dissected as marathon bomber appeals death sentence

Lawyers for Dzhokhar Tsarnaev argue jurors were too traumatized to be unbiased.

The 2013 Boston Marathon bombings that killed three and injured hundreds more will be re-examined Thursday when lawyers for bomber Dzhokhar Tsarnaev seek to have his death sentence lifted, arguing that the jury pool was too traumatized to render a fair verdict.

The then-19-year old Tsarnaev and his 26-year-old brother Tamerlan sparked five days of panic in Boston that began April 15, 2013, when they detonated a pair of homemade pressure cooker bombs at the race's packed finish line. The pair eluded capture for days, punctuated by a gun battle with police in Watertown that killed Tamerlan and led to a daylong lockdown of Boston and most of its suburbs while heavily armed officers and troops conducted a house-to-house search for Dzhokhar.

Tsarnaev's defense team, in briefs filed with the 1st U.S. Circuit Court of Appeals in Boston, argued that the unprecedented shelter-in-place order biased the pool of potential jurors, including one actual juror who joined the unanimous vote for the death penalty.

The manhunt for the younger Tsarnaev, now 26, left an indelible mark on the city. Armored vehicles and thousands of National Guard troops cast a dragnet across the Boston suburb of Watertown. Just before a resident found a wounded Tsarnaev hiding in a boat parked in his backyard, a broadcast of a Boston police scanner channel attracted nearly 265,000 listeners.

"Even if a juror honestly believes before trial that he or she can objectively hear the evidence, when a community has been aroused to a fever pitch, the prospective juror may come to fear returning to neighbors with anything other than a guilty verdict and a death sentence," Tsarnaev's defense team wrote in a legal brief.

U.S. Justice Department lawyers disagreed, saying Tsarnaev received a fair trial. The department has noted a survey conducted for Tsarnaev's own lawyers found 96.5% of respondents in Washington, his preferred venue for the trial, had heard of the bombings.

But legal experts say arguing that some jurors were tainted with bias may offer the defense team its best bet in winning relief from the court. The defense and prosecution each will get an hour to argue their side before an appellate panel of judges.

"Of course, (the defense) will throw in the kitchen sink, the bedroom furniture and everything else in hoping something sticks," said Robert Bloom, a professor at Boston College Law School. "That is what you do in these cases."

The defense team says the trial should not have been held in Boston, that some jurors made false statements before their selection, and that the jury should have heard that Tamerlan had been a suspect in a 2011 triple homicide.

A friend of Tamerlan admitted to the FBI having committed the murders with him, according to recently unsealed court documents. The jury did not hear about those murders during the trial.

The younger Tsarnaev was sentenced to death in 2015 after a jury found him guilty of killing three people: Martin Richard, 8; Lingzi Lu, 26, and restaurant manager Krystle Campbell, in the bombing; as well as murdering MIT police officer Sean Collier, 26, three days later.

REUTERS

Drug Companies Fear Release Of New $2 Sex Pill For Older Men

Men in clinical trial see huge boost in desire, strength of erections, and sexual activity without side effects.

NEW YORK - It's hard to believe that in America today an affordable pill that could improve the sex lives of millions of men is in danger of being yanked from the shelves. And it's just because big drug companies fear for their profits.

> *"**If you're over 50** and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is a major factor. **Drug companies do NOT want men to know about this afforable new pill...**"*

Big Pharma is worried because men are reporting increased sex drive, stronger erections and more stamina - all without the side-effects and $40-per-pill price tag associated with drugs like Viagra. Clinical results show men feel these benefits within just a few weeks of taking JackedUp's active ingredient.

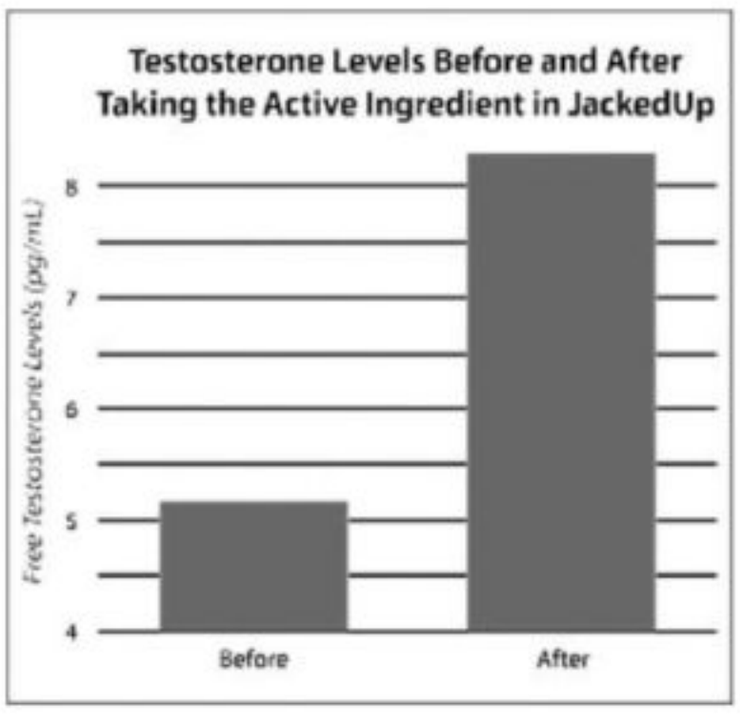
The pill, made for men over 50, was released early last month. Despite Big Pharma's efforts, sales have already exceeded expectations.

Exciting Benefits

There are very good reasons why sales are booming and drug companies want it gone. Apart from costing just two dollars per daily dose, the clinical results confirm JackedUp's active ingredient is very impressive. It greatly boosts a man's ability to get and keep erections. Stamina during sex also improves.

The product also has a unique ability to help men feel more passion, desire, and sex drive. These impressive benefits come from boosting free testosterone levels by up to a whopping 193%. Doctors are astounded by its effects.

Why do drug companies want this pill stopped? Since the "JackedUp" pill is natural, drug companies can't patent it (like they did with Viagra) and make big profits. Plus, if you're over 50 and suffering from low sex drive, decreased stamina and inability to perform, low testosterone is the biggest factor. If you can safely boost your testosterone, *you won't need their expensive pills.* That's the very reason big business is trying to have it pulled from the shelves.



Strong Clinical Results Worry Big Pharma

Recent clinical trials on JackedUp's active ingredient have made the drug companies more desperate. The trial results were published in major medical journals, and doctors are now recommending JackedUp to patients.

The testing was done on men 40 – 65 years old, and the results were remarkable. The men who took the active ingredient in JackedUp reported major i m - provements in their sex lives. Their ability to get and keep erections went up by over 200%. Libido and sex drive surged. Even staying power and stamina during sex more than doubled!

Head of product development, Dave McNeill, said the big drug companies weren't worried at first. "They didn't care because the active ingredient can take a few weeks before many men really feel the benefits. But these awesome clinical trials really got their attention. They're learning A LOT of men will wait a few weeks if it means avoiding negative side effects and saving money."

How It Works

The "JackedUp" pill works by helping older men produce more testosterone. It doesn't force dangerous fake testosterone into your body like injections do. Instead, it works with your body to produce testosterone naturally. And the results have been extraordinary. It's like your body reboots itself to feel like it did in the prime of your life.

Initial Users Are Thrilled... And Worried

"After only one bottle I noticed a high change in my sex drive. At age 77, this is almost a God send product. I will be a customer for life.."

- Earl C, 77 years old, Ohio

"My wife and I were both sexually vibrant until I had prostate cancer. After my surgery we tried everything my doctor recommended but nothing worked. Within a few weeks of taking JackedUp, everything has been functioning beautifully and we've been riding high ever since!"

- Ken S., 78 years old, Phoenix, AZ

Doctors Speak Out

Drug companies are also concerned that doctors are now recommending JackedUp. The active ingredient has strong clinical results and lacks the side effects seen in current drugs on the market. This makes it an easy option for doctors to suggest.

Big Pharma Worried: Older men are having better sex after taking the newly released $2 pill called JackedUp. Clinical trials show active ingredient triggers surge in desire, strength of erections, and sexual activity in older men.

Dr. Laguna-Bedia, a specialist in internal medicine says, "A lot of men think their lack of interest and inability to perform are simply parts of aging. This is just not true. JackedUp can help these men regain a healthy appetite for sex and the physical ability to perform."

Dr. Jacob Moss notes, "I recommend JackedUp if you're struggling with getting and keeping erections or low libido. It's also a great option for men who want to last longer and have more control over when they orgasm."

Special Opportunity for Our Readers

Older men are rushing to buy this product. This is making inventory disappear fast. Thankfully, a special discounted supply has been reserved for Metro Philadelphia readers. But only for those who call within the next 48 hours.

This is the best opportunity to try JackedUp risk-free with their 100% results guarantee.

A Regional Order Hotline has been set up for local readers to call. This gives all men an equal chance to try JackedUp.

Starting at 6:00 am today the order hotline will be open for the next 48 hours. All you have to do is call TOLL FREE 1-888-447-7620 and the company will do the rest.

Due to recent media attention, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Current supplies of JackedUp are limited, and callers that don't get through to the order hotline within the next 48 hours will be forced to wait for more inventory to be produced. This can take as long as 6 weeks.

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Smoke from the volcanic eruption of Whakaari, also known as White Island, is pictured from a boat in New Zealand on December 9, 2019 in this picture grab obtained from a social media video. INSTAGRAM @ ALLESSANDROKAUFFMANN/VIA REUTERS

More than two dozen people feared missing after New Zealand volcanic eruption kills 5

Dangerous conditions have stalled rescue efforts.

More than two dozen people were feared missing on Tuesday, a day after a volcano that is a tourist attraction suddenly erupted off the coast of New Zealand's North Island, killing at least five people and injuring up to 20.

Police said early on Tuesday they did not expect to find any more survivors from the volcanic eruption, which occurred on White Island on Monday at about 2:11 p.m. (0111 GMT), spewing a plume of ash thousands of feet into the air.

About 50 people, New Zealanders as well as foreign tourists, are believed to have been nearby at the time and several were seen near the rim of the crater minutes before the eruption.

Rescue services have been unable to reach White Island as it remains too dangerous.

"No signs of life have been seen at any point," the police said in their statement early on Tuesday after rescue helicopters and other aircraft had carried out a number of aerial reconnaissance flights over the island.

"Police believe that anyone who could have been taken from the island alive was rescued at the time of the evacuation."

Tour operators took some people off the island before it was declared unsafe. Twenty-three people were rescued, police said on Monday, adding that others were still on the island.

"Police (are) working urgently to confirm the exact number of those who have died..." their statement said, adding that a ship would approach the island at first light on Tuesday to further "assess the environment."

> **"Both New Zealanders and overseas tourists are believed to (have been) involved, and a number were from the Ovation of the Seas cruise ship."**
>
> Police statement

Many day tours visit the island regularly. One from a 16-deck cruise liner, Ovation of the Seas, was there at the time.

"Both New Zealanders and overseas tourists are believed to (have been) involved, and a number were from the Ovation of the Seas cruise ship," the police statement said.

St. John Ambulance said up to 20 people were believed to have been injured in the eruption, adding that a mobile triage unit was on its way.

Several people with burn injuries were helicoptered to the nearest town on the mainland.

"I know there will be a huge amount of concern and anxiety for those who had loved ones on or around the island at the time. I can assure them that police are doing everything they can," Prime Minister Jacinda Ardern told a news conference after landing in Whakatane late on Monday.

Ardern was expected to give an update at a news conference set for 18:00 GMT on Monday.

A crater rim camera owned and operated by science agency GeoNet shows groups of people walking toward and away from the rim inside the crater, from which white vapor constantly billows, in the hour leading up to the eruption. REUTERS

Rizzo statue vandalized again

An image of the Frank Rizzo statue. PROVIDED

Police are investigating after a statue of controversial former Mayor Frank Rizzo, known for his rocky relationship with they city's black community, was vandalized late Sunday night.

Early Monday, the word "fascist" was seen scrawled across the suit jacket of the 10-foot-tall statue, which is located outside the Municipal Services Building at City Hall.

Besides the graffiti, the statue also had a sticker placed on it featuring the logo of Eagles quarterback Carson Wentz's A+1 foundation. According to the foundation's website, their mission statement is, "Uplifting individuals and communities around the world by demonstrating God's love for His people."

As Inquirer.com notes, some Philadelphians believe that the statue represents an era when a law-and-order mayor discriminated against minorities and gays. Supporters of the statue claim that Rizzo was tough on law and order but not a racist. Rizzo served as mayor of Philly from 1972 to 1980, and previously served as the police commissioner.

Vice.com reports that Rizzo was known as "The General" and compared him to President Trump, stating, "You might say his appeal was a bit like that of Donald Trump: Rizzo fashioned himself as a tough decision-maker who said what he meant, tact be damned."

This is not the first time the statue has been vandalized. In 2017, activist Wali Rahman spray-painted it with the slogan, "Black Power." His charges were dropped in exchange for 50 hours of community service.

ABC also reported that in recent years, people have thrown eggs at the statue.

In 2017, Mayor Kenney announced that the statue would be moved to a different location in 2021. No location has yet been announced.

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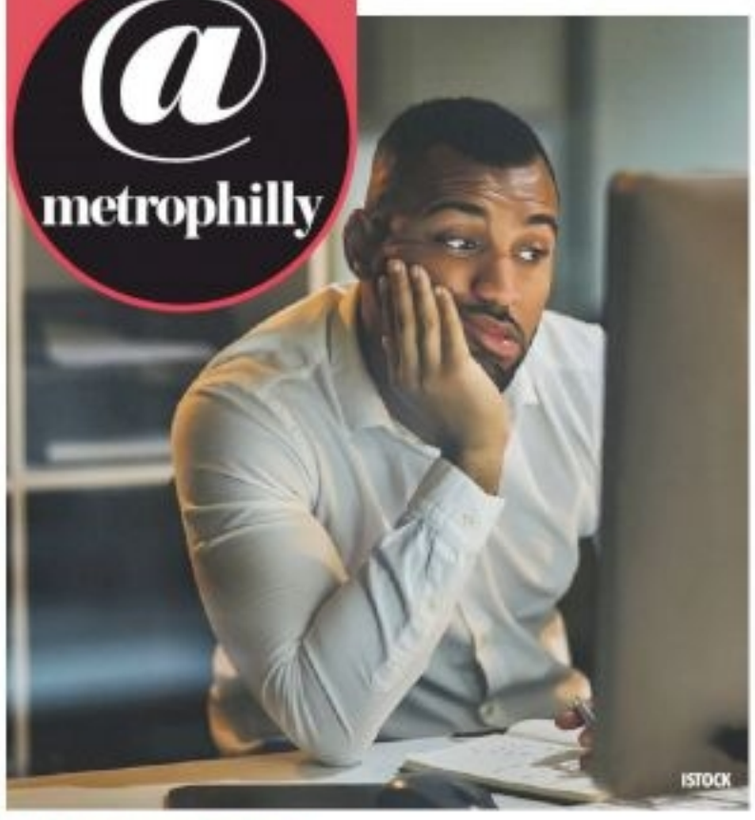

READER WRITE-INS:

I LIKED MY LIFE BETTER BEFORE THE INTERNET

People didn't expect me to be available every moment of the day. I didn't have dozens passwords to constantly reset. I wasn't sent hundreds of useless emails to unsubscribe to.

I feel like a marionette and someone is always pulling the strings.

I sometimes wish the whole thing would go away, and return to a time with face-to-face or even voice-to-voice communication.

Larry, *Metro US reader*

the Grumble

metro.us/horoscopes

Aries Think before you spend money. Don't feel that you must buy luxurious gifts or go into debt to keep up with someone who has more disposable income. Smart choices will ease stress.

Taurus Follow your intuition. False information is likely if you listen to gossip or someone who paints an elaborate picture with words. Make decisions based on facts.

Gemini Confusion will set in if you cannot decide what you want to do next. Consider the goals you set and find out what you have to do to fulfill those dreams.

Cancer Nothing will be for sure, so don't feel uneasy trying to find out where you stand. Ask and you will receive all the information required to make the right choice.

Leo Use your charismatic appeal to attract interest in what you are trying to pursue. Personal improvements and new connections can be made if you network or attend a social function.

Virgo Listen to what's being said and consider the validity of what's being offered before you say yes or no. Take your time, as impulsiveness will lead to mistakes.

Libra Take control and finish what you start. Traveling and sharing your ideas will bring excellent results. Refuse to let someone stand between you and what you want.

Scorpio Gifts are heading in your direction. Your ability to negotiate strategically will lead to monetary gain. Get everything in writing and look forward to a positive lifestyle change.

Sagittarius Control your emotions, so you don't appear vulnerable. If someone tries to take advantage of you, be sure to shut them down quickly. Concentrate on what's possible, not on what someone wants you to believe.

Capricorn Your competitive nature will enable you to drum up support to complete whatever you start. Don't waste time; approach whoever is in charge and start working.

Aquarius Evaluate your current position and consider the changes you would like to make. Sign up for a personal consultation that will help you get on track regarding health, physical fitness and diet.

Pisces A pick-me-up will be energizing. There is nothing wrong with taking time out to read a good book or mull over how best to utilize your day. EUGENIA LAST

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LIFESTYLE

Hot holiday happenings

The top spots around the city to get Philadelphians into the holiday spirit.

MOLLY GIVEN
Molly.Given@metro.us

Yule Lodge at Butcher Bar

Head to Center City hotspot Butcher Bar this season to indulge in their new winter pop-up, the Yule Lodge. Butcher's Yule Lodge is located in their heated and covered patio bar and decked out with cozy decorations making its alluring and comfortable atmosphere just as tasty as the food. Speaking of food, Philadelphians can munch on all of Butcher Bar's popular dishes from their main menu while there, including the Hunter's Trough featuring an assortment of house-made sausages, Korean short ribs, house-smoked bacon and much more. With the new bar comes a new cocktail list full of delicious seasonal options and colorful additions as well. Cocktails include a Smoked Black Cherry Manhattan (made with Bulleit Rye, carpano antica, black cherry and chocolate bitters), the Winterberry (made with fresh blood orange, pomegranate juice and prosecco), The Ron Swanson Special (made with 16 year Lagavulin old fashioned and housemade jerky) and more. *2034 Chestnut St., butcherbarphilly.com*

Yule Lodge will feature Butcher Bar's Hunter's Trough. BRIANA SPOSATO

Craftsman Row Saloon

Craftsman is decked out this season with ornaments, lights, over 5,000 feet of garland and a festively delicious holiday libation menu. Featured cocktails include the Elf Help Book (made with gin, elderflower, thyme and sparkling wine), Santa Bae Bae (made with citrus vodka, amaro, cranberry and rosemary), 100% That Grinch (made with coquito, rum and holiday spices) and more. There will also be a few tasty non-alcoholic options for guests to sip on including St Nick's Cookies (made with chocolate chip infused milk and local Bassetts vanilla ice cream) and the Fluffy Snowman (made with Bassetts Vanilla ice cream, crushed pretzel rods and fluff and garnished with candy canes, cookies, marshmallows and a crushed peppermint rim.) *112 S 8th St., craftsmanrowsaloon.com*

Tinsel

The bar, which has been called a mecca meeting place for the "Christmas-obsessed" features an assortment of delightful drink options. Tasty sips include the Gingerbread Man (featuring Northbound Rye and housemade gingerbread syrup), Through the CandyCane Forest (featuring Pinnacle vodka, DeKuyper peppermint schnapps and chocolate), Let it Snow (featuring Jim Beam Double Oak and maple syrup) and a variety of festive beers on draft including Tröegs Mad Elf. *116 S 12th St., facebook.com/Tinselphilly*

Miracle at In The Valley and Laurel

In the Valley (ITV) has brought back their holiday pop-up bar again this year as part of the Miracle family of Christmas-themed pop-up bars around the country and now, popular hotspot Laurel is joining in on the fun as well. According to the release, ITV will be reimagined with holiday flourishes, festive flair and an exclusive holiday menu while simultaneously, the heated garden outside of Laurel will also transform into a winter wonderland (think: flannel blankets, fire pits and string lighting galore). ITV will feature a delicious variety of Tiki-themed holiday cocktails for everyone to enjoy including the Kris Kringle Colada (made with Jamaican rum, amaro, allspice liqueur, lime juice, pineapple juice and cream of coconut), the Papa Noel (made with blanco tequila, apricot brandy, lime juice, pineapple juice, orgeat and cardamom bitters) and much, much more. Those dining at Laurel on Tuesdays, Wednesdays and Thursdays are also invited to enjoy a complementary Miracle nightcap in the restaurant's garden following their meal. *1615 and 1617 E Passyunk Ave., itvphilly.com*

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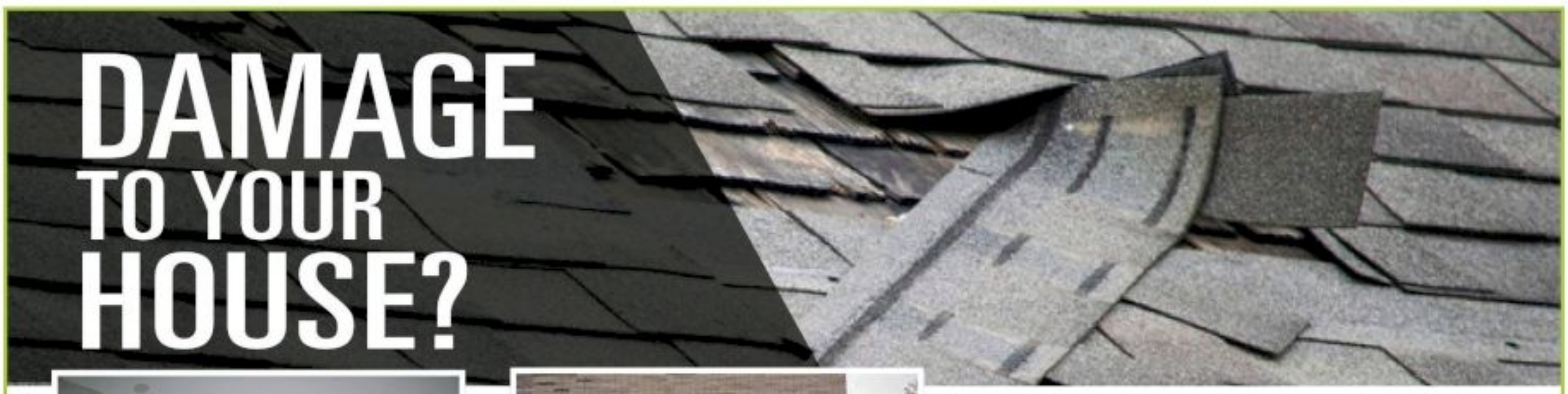

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"Hopefully it can be a conversation starter"

Brodsky utilized animation for the film. PROVIDED

Filmmaker Irene Taylor Brodsky talks deeply-personal new film, "Moonlight Sonata: Deafness in Three Movements."

MOLLY GIVEN
Molly.Given@metro.us

In documentary-style films and series, you see an abundant amount of filmmakers completely immerse themselves into their narrative and characters to give audiences an inside look at a certain subject. With Oscar-nominated director Irene Taylor Brodsky's latest film, "Moonlight Sonata: Deafness in Three Movements," you get that in-depth look but at an extremely personal subject to her — her family. "Moonlight Sonata" follows Brodsky's deaf son Jonas, who is learning to navigate life and music while developing his disability, while his deaf grandfather (Brodsky's father) slowly begins his own difficult journey health-wise. On top of it all, Jonas is determined to learn Beethoven's "Moonlight Sonata," which consequently was the very piece of music the composer penned while going deaf himself.

Brodsky sat down with Metro to discuss her inspiration for the film, the challenges surrounding documenting within your own family and dive into more on the conversations she hopes "Moonlight Sonata" starts.

You've given audiences an inside look at your family life before with your 2007 docufilm "Hear and Now." Why choose to turn the cameras back on your family life now?

I did tell myself the last time I made a family film that it would be one for a lifetime. But I think the story surrounding Beethoven and my son was just too powerful to pass up. I realized my deaf son was determined to learn this piece written by a composer as he was going deaf — and Jonas had no idea what Beethoven's backstory was. So I figured out what a watershed time this was for Beethoven, and I also realized gosh, I have 200 years of the deaf experience right in front of me: this piece of music which lives on through the composition and the melody that we know as "Moonlight Sonata," and then my son who is a very 21st-century deaf kid. I just knew it was an opportunity to really explore a lot of themes around disability and creativity.

One aspect I really enjoyed about the film was the different cinematic tools utilized such as the animations peppered in representing Beethoven – what was the inspiration behind that?

I knew from the get-go that depicting Beethoven would be a challenge. Beethoven lived before there were any pictorial records, so I looked at other examples of Beethoven in popular cinema, filmmaking and documentaries – but I just really wanted to depart from that. Living in Portland, Oregon, we are a real animator town. There are a lot of independent animators who have so much talent, so I decided to use animation to depict it. That was a first for me as a documentary filmmaker, I had never really poured myself into using animation as a cinematic tool. It's a very abstract idea, but I knew that I didn't want to depict Beethoven always as a human being, I wanted to have my viewer kind of rely on their own depiction of who he might be. So sometimes you'll see him without a full face, sometimes he's a bird, sometimes he's just a hand with planets swirling around. So hopefully the animation sparks people's imagination.

As the film goes on, your son is progressing but we also see your father run into his own challenges. Did this change the narrative of the film from when you first started?

Absolutely. With every documentary, a good filmmaker must be open to the narrative shifting

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and changing. All we can do when we set out is say, "This is what I think my film is going to be." We don't really know until life unfolds in front of us. In the case of this film, I started thinking that the film was going to tell the story about a deaf boy and a deaf composer. But really, as I saw Jonas' deaf grandfather starting to come of age as an older deaf adult and develop his own problems, I thought it was a really poignant entry into the loss Beethoven might have felt. My dad was losing his mind in much of the same way that Beethoven was mysteriously losing his hearing. Neither of them knew how to stop it, neither of them necessarily saw it coming, yet as it was happening they were acutely aware of it. So, the film became a story not only about creativity and the generation of ideas but also about loss as well. Beethoven lost his hearing, my father lost his mind and Jonas through it all was sort of coming of age and understanding his own loss with his hearing as a young child could actually become a tool for him as a musician.

Is it difficult to work on a project that is this personal?

I think from the get-go this film was very much an artistic and spiritual endeavor. It felt professional because I am a professional, and I apply my standards, but I also just made it very intuitively. I often had to pick up the camera in my own home when I was in the middle of a mundane activity, but then something would happen that I really needed to film or that I thought was a really important building block in the narrative. So to that extent, it was grueling because you had to be on all of the time. I had to be ready at a moment's notice, and that was the professional in me, but it was also really the mother in me and the more intuitive artist that had been developing in me to make those choices – do I pick up the camera for this, or do I leave it alone? I also think there were times where I really had to check in on the family and make sure that there was not any resentment creeping up around filming. So I tried to be reasonable – but my family is very accustomed to having cameras around, I'm sort of an obsessive documentarian, even if it's just on my iPhone. I have to give the characters in my film a lot of credit though because they really tolerated the camera more than I think most people would.

Overall what do you hope audiences take away from the film?

I hope it's a film that makes us think about our own families and all of the life lessons that are right under our noses that we are living with every day. But more broadly, I think this is a film about people with differing abilities. There has been a very common narrative in literature and history surrounding people with disabilities when they do something great, it's always in spite of their disability. I think we don't give that so-called disability the credit that it deserves for how it makes individual people more insightful, sensitive, intuitive or even more able. It makes them ultra-able to take things on. Watching my son grow up and my father grow old, there are so many things about their deafness that contribute to their greatness. It's not like they exist in spite of that. So hopefully it can be a conversation starter about our own families and about disability in general and what that really means, and what its value is.

"Moonlight Sonata: Deafness in Three Movements" premieres Dec. 11 on HBO.

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The Sixers are literally unbeatable at home this season as they sit a perfect 12-0 at Wells Fargo Center.

Against the spread at home, the Sixers are a little less impressive in 2019-20 as they're just 7-5-0. But this past weekend was encouraging for Philly backers as they covered the spread and then some against the Cavaliers on Saturday (winning by a whopping 47 points), and also covered a -3 spread in beating the Raptors by six on Sunday.

Another reason why the Sixers are a good play tonight at home against the Nuggets is that they've been pretty good in "revenge games" so far this season.

Brett Brown's group lost to the Jazz (106-104) on Nov. 6 in Utah, only to beat them in Philly on Dec. 2, 103-94.

And we just saw the Sixers take down the Raptors on Sunday after falling to Toronto (101-96) back on Nov. 25.

ALL GETTY IMAGES

The Nuggets were also able to put an "L" on the Sixers in the first meeting of the season between the two squads as Denver won in the Mile High City on Nov. 8, 100-97.

Denver did not have to deal with Ben Simmons last month, though, as Simmons was nursing a shoulder injury and that should make all the difference in the world for Philly in this one tonight. Simmons is hot right now, having put up a double-double on Sunday against the Raptors (16 points, 11 boards) and having registered a season-high 34 points on Saturday against Cleveland.

Also of note, Denver is just 4-5-0 ATS this season on the road.

The play: Sixers -5.5

TWEET OF THE DAY

Doug Kezirian
@DougESPN

Titans have now gone over the total in all seven games since Ryan Tannehill became the starter in Tennessee.

Best bets

NFL Week 15 betting: Texans at Titans

First place in the AFC South is up for grabs at Nissan Stadium on Sunday as the inconsistent Texans visit the surging Titans. No matter which version of the Texans shows up on Sunday, Ryan Tannehill and company will do their part in ensuring that this game exceeds the total.

The Titans' offense is running like a well-oiled machine over the seven games started by Tannehill, scoring 31.4 points per tilt. It has not merely been an air show in Tennessee though. Running back Derrick Henry has been one of the better ball-carriers in the NFL over the last month, averaging 149.8 yards over his last four games. The Titans should have few issues moving the chains against a Texans defense that ranks 27th in yards allowed per play.

Tennessee's defense has coincidentally regressed since Tannehill relieved Marcus Mariota under center, allowing 23.3 points per game. That's gone a long way in helping each of the last seven Titans games go Over. Houston signal caller Deshaun Watson, seventh in passing yards and fifth in touchdown passes this season, should have a fine day through the air against Tennessee's 26th-ranked pass stoppers.

The play: Texans vs. Titans Over

ROBERT CRISCOLA

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NBA

DENVER NUGGETS AT PHILADELPHIA 76ERS -5.5

NFL WEEK 15

PHILADELPHIA EAGLES -6 AT WASHINGTON REDSKINS

NEW YORK JETS AT BALTIMORE RAVENS -14.5

CHICAGO BEARS AT GREEN BAY PACKERS -4

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MATT KLENTAK'S BUMBLING FORCING PHILS TO OVERPAY

THE SPORTS PROFESSOR

GLEN MACNOW
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Phillies general manager Matt Klentak has been bitten by some questionable moves. GETTY IMAGES

Here's to the Phillies for signing Zack Wheeler. Once again, owner John Middleton proved cigars are a great investment — ponying up $118 million to add the 29-year old to his rotation for the next five years.

That Wheeler has never achieved greatness and has a history of arm trouble did not dissuade the Phils from placing him among baseball's top-10 paid pitchers. That's the way free agency works. In a limited market, the blessed few get fortunes thrown their way.

So, Middleton did what is necessary to improve his team. That said, every time the owner opens his wallet, he should take a sideways look at general manager Matt Klentak.

It's Klentak's failings that require this franchise to overspend on a regular basis. It's Klentak's dismal farm system, uninspired trades and inane choices for the coaching staff that may force ownership to zoom right through the luxury tax threshold.

Even after adding Wheeler, rumors still have the Phillies tied to Stephen Strasburg (who is reportedly re-signing with Washington) and maybe Gerrit Cole, but let's assume he ends up with the Yankees.

Why would this team need to add another top-tier starter? Largely because of the failure of every other pitcher on the squad.

Consider this: since Klentak became GM four years ago, the Phils have paraded 24 men to the mound to start games. Other than Aaron Nola is there a single one you could count on?

It's Klentak who wasted all those starts on Vinnie Velasquez and Jake Thompson. It's Klentak whose choice of pitching coach Chris Young stalled the development of Nick Pivetta.

It's Klentak who gave Jake Arrieta a three-year, $75 million contract. Klentak who expected a pennant push from Drew Smyly and Jason Vargas. Who tried to squeeze one more productive year out of Jeremy Hellickson.

It's Klentak who argued that Cole Irvin and Ranger Suarez were viable prospects, while Atlanta was developing Mike Soroka and Max Fried.

And, by the way, it's Klentak who decided to let Charlie Morton walk three years ago. Since then, Morton has gone 45-16 and made two All-Star Games.

And so the owner has to constantly outspend his GM's mistakes. And the Phils must play catchup to the Nats and Braves.

Trust me, this dynamic goes well beyond starting pitching. Klentak's page in the media guide looks like a bomb site: drafted Mickey Moniak with the first overall pick; wasted $22.7 million on delicate flower Pat Neshek; got the worst out of slugging 1B Carlos Santana. Oh, and hired Gabe Kapler.

The litany of ineptitude keeps going. Most recently, the Phils released 2B Cesar Hernandez rather than pay what he was expected to get through arbitration. While I can't disagree with that move on its own, I'll stand among those who argued the Phils should have traded Hernandez long ago to let Scott Kingery play at his natural position.

Now, they got nothing — and still are talking about playing Kingery elsewhere.

At the contentious October news conference following the latest annual collapse, Middleton reiterated full support for his bumbling GM. I have no idea what mind-power Klentak has over the owner to persuade him that he's doing more than a horrible job.

And so the franchise will spend the offseason spending money — perhaps adding Didi Gregorius, overpaying for another starter, maybe even throwing Bryce Harper-type riches at Anthony Rendon.

That will be fun for the fans. But have no doubt, it's the Phillies' inability to build from within — drafting and developing their own players — that forces them to overspend outside the system.

And that's all on Matt Klentak.

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Flyers' Konecny out indefinitely

Philly's budding star suffered a concussion on Saturday.

JOE PANTORNO
joseph.pantorno@metro.us

Travis Konecny (11) suffered a concussion on Saturday against the Senators. GETTY IMAGES

Philadelphia Flyers forward Travis Konecny's breakthrough season has come to a screeching halt.

The 22-year-old will be out indefinitely after suffering a concussion during the first period of Saturday's victory over the Ottawa Senators.

After tallying a goal just 1:45 into the game, Konecny was leveled in the open ice by Senators defenseman Mark Borowiecki.

He left the ice holding his head and did not return.

Konecny has been the Flyers' most consistent playmaker this season, leading the team with 11 goals and 17 assists in 30 games for an almost point-per-game output.

He was on pace to blow past his previous career totals of 24 goals and 25 assists (49 points) attained last year in just his third full NHL season.

The 24th overall pick from the 2015 draft has been just one of several young Flyers that have taken a major step forward this season.

Oskar Lindblom, 23, is tied with Konecny for the team lead in goals with 11 while 23-year-old defenseman Ivan Provarov has become a stalwart on Philadelphia's blue line.

There has also been plenty of promising play from the likes of Joel Farabee (19), and Morgan Frost (20).

While the Flyers have classified Konecny's absence as indefinite, they likely won't make sweeping changes to the roster in his absence unless he's sidelined for a considerable amount of time.

Veteran forward Chris Stewart should slot into the lineup — albeit on the bottom units — for the team's three-game road trip that spans between Colorado, Minnesota, and Winnipeg.

Expect to see James Van Riemsdyk or Joel Farabee get a promotion to Konecny's unit for the time being.

Konecny will not travel with the team, meaning he will be out for at least three games.

Phillies

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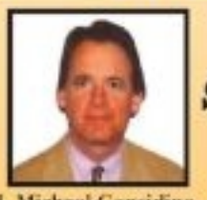

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- Must apply at OIC Monday - Friday from 9am - 2pm
- Must provide OIC with three written references at orientation (non-family members)
- TABE Testing administered on site
- NO APPOINTMENT NECESSARY

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Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to construct five (5) poles with wireless communications antennas at the following locations in Philadelphia, PA.

Antennas will be installed at a top height of 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 1700 Cecil B. Moore Ave.
Antennas will be installed at a top height of 51 feet on a pole with an overall height of 51 feet at the approx. vicinity of 1739 W. Montgomery Ave.
Antennas will be installed at a top height of 31 feet on a pole with an overall height of 31 feet at the approx. vicinity of 1502 N. 13th Street.
Antennas will be installed at a top height 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 1437 West Diamond Street.
Antennas will be installed at a top height of 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 1542 N. 18th Street.

Public comments regarding potential effects from these sites on historic properties may be submitted within 30 days from the date of this publication to: *Trileaf Corp, Samantha, s.mertz@trileaf.com, 8600 LaSalle Rd, Suite 301, Towson, MD, 21286, 410-853-7128.*

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes to construct nine (9) poles with wireless communications antennas at the following locations in Philadelphia, PA.

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Antennas will be installed at a top height of 31 feet on a pole with an overall height of 31 feet at the approx. vicinity of 276 S. 20th Street.
Antennas will be installed at a top height of 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 339 S. 21st Street.
Antennas will be installed at a top height 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 1839 Spruce Street.
Antennas will be installed at a top height of 34 feet on a pole with an overall height of 34 feet at the approx. vicinity of 229 S. 18th Street.
Antennas will be installed at a top height of 34 feet with an overall height of 34 feet at the approx. vicinity of 1836 Pine Street.
Antennas will be installed at a top height of 34 feet with an overall height of 34 feet at the approx. vicinity of 2001 Chestnut Street.
Antennas will be installed at a top height of 34 feet with an overall height of 34 feet at the approx. vicinity of 2401 Spruce Street.
Antennas will be installed at a top height of 34 feet with an overall height of 34 feet at the approx. vicinity of 120 S. 19th Street.

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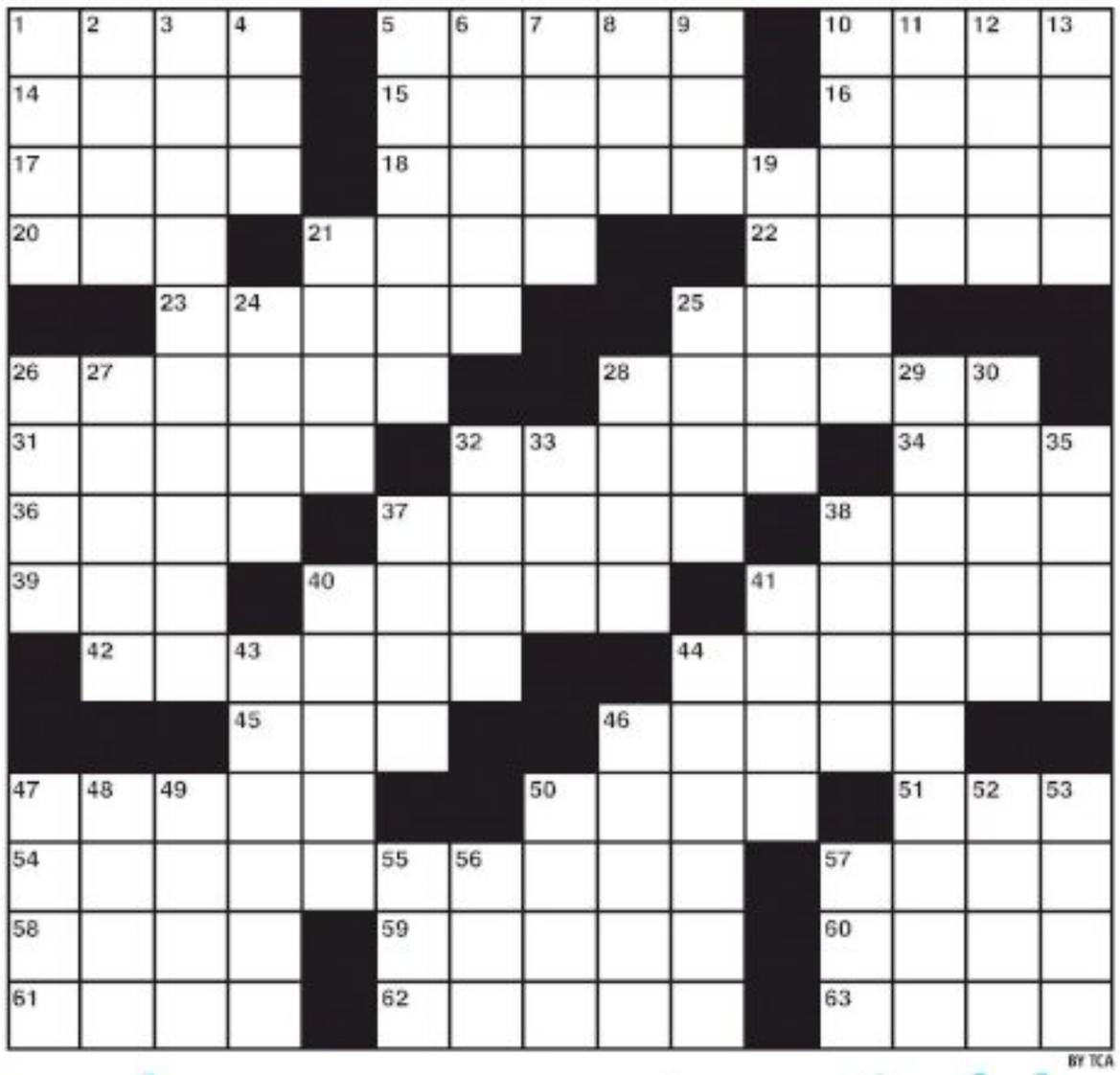
ACROSS
1 No longer wild
5 Bundles of hay
10 Fragile edibles
14 Become dizzy
15 "__ a dream..." (MLK)
16 Webster or Wyle
17 Martial __; karate, judo, etc.
18 Behead
20 Taro root paste
21 June 6, 1944
22 Tried the patience of
23 Healed
25 Simple card game
26 Poor person
28 Linear measures
31 Give permission to
32 Layered rock
34 Have a meal
36 Lunchtime
37 Brief period of time
38 Sandwich shop
39 Wildebeest
40 Owner/tenant contract
41 Frazier or Ali
42 Bodyguard, e.g.
44 Polite person's word
45 Hit a tennis ball high
46 Deep cleft; gorge
47 Loafers & others
50 Daub of liquid
51 "__ all Greek to me!"
54 Little Irish fellow
57 Ginger cookie
58 Pacific Coast state: abbr.
59 Fraction of a pound
60 Frau's husband
61 Actor Danza
62 Writing tables
63 Catch a glimpse of

DOWN
1 Ensnare
2 Prefix for plane or space
3 Fastidious
4 Ernie with a club
5 Auction participant
6 In the lead, so far
7 Like a mantilla
8 Zsa Zsa's sis
9 Ninth month: abbr.
10 Complete
11 Intention
12 CA's Golden __ Bridge
13 Small outbuilding
19 Fuming
21 Carey or Barrymore
24 Come __; find
25 Water source
26 Hunger pain
27 Without companions
28 Guy
29 Looks over again
30 Business deals
32 Squabble
33 "For __ a jolly good fellow..."
35 Flat __; driver's woe
37 One from Belgrade
38 Forest femmes
40 __ change; pocket coins
41 Spill the beans
43 Priests, rabbis & others
44 T-Mobile store purchases
46 Hen's comment
47 __ machine; casino attraction
48 Submarine sandwich
49 __ house; realtor's event
50 Forbids
52 Waterproof covering
53 Light on one's feet
55 MA's Cape __
56 Paint selection
57 That woman



BY TCA

metro.us/wordsearch

F	E	L	L	O	W	S	H	I	P
D	W	A	R	F	B	B	F	N	E
R	F	C	I	B	A	L	O	N	T
O	L	O	N	G	E	S	I	G	E
L	A	M	G	A	K	A	R	B	R
E	D	I	S	C	T	U	F	J	Z
M	N	G	A	N	D	R	N	V	N
S	A	J	U	E	O	O	G	X	R
T	G	O	H	D	S	N	O	N	X
Y	M	Z	O	Q	Q	Q	K	M	L

Baggins
Bilbo
Doom
Dwarf
Elf
Fellowship
Frodo
Gandalf
Jackson
Lord
Mountain
Orc
Peter
Rings
Sauron

metro.us/wander

Category: Musician

E	R	S	T
D	W	E	E
N	O	I	V

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

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		5			8			9
7		4		1	2	8		
6							2	5
2	5		7		4			
	4						3	
			6		5		9	4
1	7							2
		8	9	2		6		1
5			1			9		

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A	T	T	H	E		A	L	L	O	W	A	N	C	E
P	S	I		P	O	P			M	A	N	G	E	R
		M	O	A	N	S			B	I	G			
T	R	I	V	I	A			J	O	S	E	P	H	
R	I	D	E	R		B	L	U	N	T		R	U	N
A	S	A	N		B	R	I	D	E		D	O	M	E
P	E	T		G	L	A	D	E		S	O	F	A	S
	R	E	A	R	E	D			A	N	O	I	N	T
			M	I	S			S	P	O	R	T		
M	A	S	O	N	S			E	E	R		A	D	O
I	N	A	U	D	I	B	L	E		E	B	B	E	D
C	O	R	N		N	O	O	K		S	A	L	A	D
E	X	I	T		G	A	G	S			R	E	D	S

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